

**ABSTRACT**

5 A hair holder comprising a flat tube 2 having a first side and a second side and being formed of a sheet in such a design to allow a hair bundle to be inserted from an opening 21 at one end thereof toward an opening 22 at the other end thereof. A first side forming sheet 23A of the tube 2 is more extensible in the length direction of the tube 2 than a second side forming sheet 23B of the tube, and the second side forming sheet 23B has a Taber stiffness of 0.4 mNm or higher. The first side forming sheet 23A has at least 15 times as high an extension under a load of 5 N as the second side forming sheet 23B.

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